



Appleton CE (A) Primary School

At Appleton C of E Primary School our vision is to be:

A happy and welcoming school community where we learn to build wisely for life by following Jesus' example of love and care, and by aiming to be the best we can for ourselves and the good of others. We have three core Christian values: Respect: We recognise and respect the uniqueness of each individual. Kindness: We show kindness by loving others as ourselves, making a difference to our community and the world around us through our words and actions Responsibility: We are responsible for fulfilling our potential, believing in ourselves and making our own wise choices.

Intent, Implementation and Impact for Physical Education (PE)

Intent

At Appleton CE (A) Primary School, Physical Education is an integral part of our curriculum and we strive to create a culture which aims to inspire an active generation to enjoy PE, encourage each other and achieve. We provide a safe and supportive environment for children to flourish in a range of different physical activities which is essential in supporting their physical, emotional, spiritual, social and moral development. We aspire for children to adopt a positive Growth Mindset and believe that anything can be achieved with determination and resilience. At Appleton we offer a dynamic and varied program of activity to ensure that all children progress physically through a unique and fully inclusive PE curriculum. Our curriculum aims to improve the well-being and fitness of all children, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. We aim to deliver high quality teaching and learning opportunities that enable all children to achieve their personal best. All children participate in competitive sport which can be against self and/ or others. We encourage children to transfer the school values and promises to sporting and physical activity, ensuring that they aim to be the very best that they can be whilst demonstrating the school vision of 'Building Wisely for Life'. We aim for all children to be physically active for sustained periods of time and to be able to make informed decisions to lead healthy and active lives. Thus, embedding life-long values. Swimming is an important life skill and we aspire for all children to leave primary school having met at least the minimum requirements of the National Curriculum.

Implementation

- PE at Appleton School provides challenging and enjoyable learning through a range of sporting activities including invasion games, net & wall games, striking and fielding games, gymnastics, dance, health and fitness, outdoor and adventure and swimming.
- The whole Year 4 class has swimming in the Autumn Terms then booster sessions are held in the Spring and Summer Terms for children in Years 4-6 who have not yet met the curriculum requirements.
- Pupils participate in at least 2 hours of high-quality PE lessons each week, covering one or two different sports/ skills focuses each half term.
- The Long-Term planning for each class sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. This is tracked by the PE Co-ordinator and used as handover for transition at the end of the academic year so that the new class teacher is aware of what the class has already been taught and to identify any areas that need further development.
- All staff can access the Medium-Term planning and half termly assessments for each class throughout the academic year.
- Teachers use and adapt planning and resources to ensure lessons across years show progression.
- Children are encouraged to participate in the varied range of extra-curricular activities. We provide inclusive and enjoyable clubs which increases children's physical activity. Clubs are offered to both KS1 and KS2 children, occasionally Foundation Stage too.
- Physical activity is embedded throughout the school day through initiatives such as The Daily Mile, Teach Active, BBC Supermovers, Just Dance and Imoves active blasts.
- Active travel is encouraged, and we take part in the annual Big Pedal and Walk to School Week events.
- Children are encouraged to stay active at break times and can access a variety of equipment to use.
- All Year 6 children can become Play Leaders for the school. Training for this is provided by our School Sports Co-ordinator. The Play Leaders develop into sporting role models for the younger children, assisting with and organising games at break times.
- Each year, two class representatives are nominated to be part of Sport Crew. Meetings take place each half term and Sport Crew work with the PE Co-ordinator to develop our work as an active school along with helping to make decisions about whole school events such as choosing the interhouse competitions each year.
- Children are invited to attend competitive sporting events and festivals within the local area and beyond. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by children.

Impact

At Appleton Primary School, we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. All children are provided with the necessary skills and given opportunities to demonstrate improvement to achieve their personal best. Our pupils are physically active, and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise. We aspire for children to enjoy PE and develop a love of sport and physical activity which becomes part of their future life outside of primary school. Children can represent the school at sporting events from local to county level. Alongside this, we share sporting achievements both in and out of school in Celebration Assembly, so that we are promoting sports and activities, as well as celebrating all levels of success. We aim for all Year 6 pupils to leave school with the skills to competently swim at least 25m and have the skills to self-rescue in the water which are key life skills.